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Big Read launches, more events to come

Sarah Simmons
Co-Editor In-Chief

Medical science, Shakespeare and survival skills have more in common than it seems.

These topics are all featured in events created by the NEA Big Read Lakeshore.

This past week was the beginning of a month-long series of public events designed to revitalize the role of reading in the Holland-area community.



HOPE COLLEGE



HOPE COLLEGE

THE BIG READ — The Annual Big Read is a opportunity to advocate for literacy in the Holland Community. Seniors Annika Gidley (left) and Ashley Heldlauf, along with Dr. Marla Lunderberg, are just some of the famillar faces behind it.

fifth year, having expanded geographically and thematically over the years. It now partners with organizations from Saugatuck and Grand Haven, working to connect with readers of all ages. In tandem with Holland Museum and Herrick District Library, the Big Read had several events this past week that were both fun and educational for young readers.

An exhibit geared toward linking with the themes of "Station Eleven" opened at

the Kruizenga Art Museum, and several Hope students and faculty attended the opening discussion. Pigeon Creek Shakespeare Company also performed selections from multiple Shakespeare plays which were mentioned in "Station Eleven," bringing the novel to life for attendees.

Activities are just getting started though, and the Big Read has something to offer for students with a variety of interests. For religion majors,

the lecture with Dr. David Dark on Nov. 8 at Western Theological Seminary is sure to be thought-provoking. The Holland Area Arts Council will be hosting a graphic novel workshop on Nov. 10, guided by Hope's own Dr. Beth Trembley. Students who are interested in pursuing medical careers are welcome at the Holland Hospital book discussion on Nov. 14. The best parts of these events is that they are free of charge and it's not necessary to have read the

book in order to participate.

The highlight of the month will be a visit from the author of "Station Eleven," Emily St. John Mandel. On Nov. 13 at 11 a.m., there will be a question-and-answer segment for students to attend. Mandel will also give a keynote address at 7 p.m. that same day at the Jack H. Miller Center. For further details on the events mentioned above, as well as others, visit hope.edu/offices/big-read.

Club's African Night rocked... and informed

Cameron Geddes
Staff Writer

International Relations Club asked the unthinkable last Friday night, challenging students to surrender an hour and a half of the start of the weekend for a cultural event of modest size.

However, 30+ students were happy to do so, and it created a fantastic evening event filled with laughter, thoughtful questions about culture and wide smiles in between bites of "African doughnut" and sips of Kenyan tea. "African Night" is the first in a series of more focused events held by International Relations Club that zoom in on the locales Hope's international students hail from, and it seems to be off to a great start.

Sophomore students Brenda Indekwe and Kenneth Munyuza shared about the sights and sounds of Rwanda. Indekwe discussed the strong pro-environment and pro-economic reform stance the country has taken. She further discussed the moniker "the land of 1000 hills" that Rwanda holds to, described as such for the beautiful rolling

green hills that dot the landscape, with paths carved through for the farmers who contribute to Rwanda's 80% agricultural economic backbone. While the tone of the presentation was upbeat, there was a looming question regarding what many Americans recall the country for: the Rwandan genocide during the 1990s.

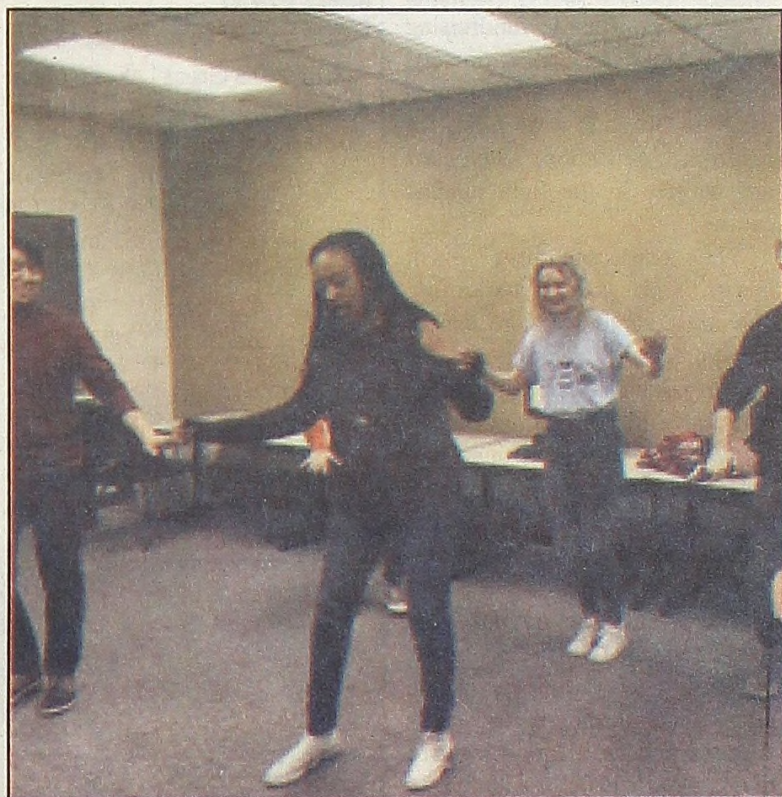
Indekwe was careful to note the significance of the event and didn't shy away from discussing it, but she chose to be positive about the country's future: "We've come very far from the deep, dark place we once were."

The second presentation was conducted by Eunice Maruhi, a sophomore-year student from Kenya. She spoke on the country's positioning as a great African financial center, due to its proximity to the Indian Sea and thriving tourism. Kenya is also home to "The Big Five": lions, leopards, rhinos, elephants, and buffalos. Kenya's capital city of Nairobi is famous for having a National Park teeming with wildlife right in the middle of the city. Maruhi further shared on

the cultural trend Matatu, which decorates public transport to make life a little more fun.

Other subjects discussed were the significance of the country's flag, an enormous crack in the middle of the Kenyan landscape and the pulse-pounding tradition of stealing wildebeast meat directly from packs of lions.

After the presentations were over, the group descended into the basement to munch on Mandozi - an African palm-sized, square pastry made from just seven ingredients. Light in flavor and with an addicting aftertaste, it was a perfect companion to the Ketepa black tea served alongside it. The night ended with dance lessons from Indekwe, who emphasized the flowing nature and stylistic pomp inherent in Rwandan dance. Makena from Kenya, class of '22, had this to say about the evening: "[The event] gives our perspective and our experiences... it's really nice [IRC] put this event on, and it's a good reminder of home." Maruhi also had this to share



CAMERON GEDDES

STUDENT EXPRESSION — The attendees were greeted with dellicous food and dancing and heard stories about life in African countries.

about the benefits IRC events pose to the college's cultural health in general: "We hope that such events help in debunking stereotypes about Africa."

A good time and a great learning experience, interested students are encouraged to sign up for the IRC email list and keep an eye out for future events.



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Student handbook

A creative take on auditing.

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ARTS

New exhibit at Kruizenga

Check out 'The Lure of Ruins', which exposes different perspectives of famous ruins.

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SPORTS

History in the making

Women's Cross Country team makes history in race, plus football dominates on senior night.

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CAMPUS

THIS WEEK AT HOPE

Today

NEA Big Read Lakeshore: Lunch and Learn: The Ground Zero Moment

Join the staff at the Holland Museum from 12 to 1:30 p.m. in a conversation to reflect on what your own "Ground Zero Moments" have been over the course of your life and how those events have shaped you in the following days, week and years after the event. The Holland Museum will provide light beverages.

Thursday

SAC Coffee House

In the Bultman Student Center, from 8 to 11 p.m. in the Program Area, the Student Activities Committee will be hosting its weekly coffee house. Attendees can expect performances from their peers and general entertainment. Coffee will be available on-site for purchase.

Friday

Engineering Seminar: Bob Ensink from Twisthink

At VanderWerf Hall at 3 p.m., Bob Ensink, who is the Senior Firmware Architect at engineering firm Twisthink, will be holding a seminar. The seminar will focus on wireless data transfer and the "essential hardware and software concepts for the computer engineer."

IN BRIEF

RELAY FOR LIFE

This past Friday in the Pine Grove, Hope College's student-organized chapter of Colleges Against Cancer sponsored its 16th annual Relay For Life event. Relay For Life is part of a national initiative to promote fundraising for the American Cancer Society. Teams register, then walk around the Pine Grove to raise funds for research, education, advocacy and service in the fight against cancer.

The non-competitive event began with a heart-warming opening ceremony where cancer survivors and caregivers of cancer patients were invited to participate in the opening lap in which they walked around the track that had been pre-marked. They were cheered on by the applause of everyone else who was in attendance.

The event was overall very well-attended with 23 teams registering to participate in the relay. Overall the event was a success, and we all look forward to next year's installment.

LECTURE ON FAITH AND BLACK MASCULINITY

Dr. Davia Crutchfield, who is a nationally-recognized speaker, will be travelling to Hope to give her lecture, titled: "Faith, Intersectionality, & Black Masculinity: Kendrick Lamar's Urban Theology."

The lecture will take place from 3:30 to 5 p.m. on Thursday in the Martha Miller Center for Global Engagement's Fried Hemenway Auditorium. Attendance is free and all students are invited.

Sam Vega
GUEST WRITER

It is a time to reflect. It is a time to be in awe, and it is a time to celebrate life.

This event put on by the Latino Student Organization was meant to be a public opening to the Holland community.

People from all walks of life were invited to come to campus and come together to get a better understanding of a holiday that is one of the most essential days in the traditional Mexican culture.

The Latino Student Organization's vice president, Rodrigo Zavala-Cintora, started by presenting the public with the fascinating history behind the holiday.

Zavala-Cintora highlighted the most central piece of the holiday, the ofrenda, or family altar.

The decision made beforehand was that anyone interested could contribute to this altar with photos of family, friends and celebrated artists.

These items would be scattered around the platform and surrounded by the bright colors of marigolds and various decorated skulls, some even made of sculpted sugar.

While not as personal as traditional ofrendas, the altar



SAM VEGA

EDUCATIONAL FUN FOR ALL AGES — There were many activities on-site for children to enjoy, including coloring and creating decorations for the "ofrenda," or altar.

used in this event still captured the spirit of gathering the photos, food and decorations that honor their loved ones.

There was something there for all attendance, a true family event.

There were families enjoying complimentary churros and hot chocolate while children, students and adults alike had the opportunity to decorate their

very own paper skulls and paper marigolds.

With the event's location set against the backdrop of the renowned Kruizenga Art Museum, the celebration was also complemented by surrounding paintings and wood carvings.

There were also sculptures dedicated to celebrating the values of tradition and family.

This event has been a remarkable landmark and callback for the Latino Student Organization.

This event helped to serve a reminder of why the organization was formed in the first place: to connect with all kinds of people and make them feel included in the diverse community that Hope College has become.

Conference touched on race, gender and more

Miles Pruitt
CAMPUS CO-EDITOR

The 2018 Great Lakes College Association (GLCA) Student Conference was held this past weekend in Albion, Michigan. The colleges in the GLCA that were present included Hope College, Albion College, Allegheny College, Wooster College, Earlham College and several others.

The theme for the 2018 GLCA Students of Color Leadership Conference is, "This Isn't Anything New: Strategies for Survival and Success."

Being a student of color at a predominantly white institution (PWI) presents itself with a series of challenges as well as rewarding experiences. The experiences of students of color on campuses are nothing new — dealing with experiences of racism, discrimination and other facets of oppression as been a part of the college experience.

With this in mind, several Hope students presented topics, ranging from mental health, "passing," which can refer to disabilities, race, gender

or sexuality, to being a queer person of color at a PWI.

Each student brought a different point of view of each presentation, and the students from each college sat in on the presentations.

In two particular sessions, one in the morning and one in the afternoon, the students were engaged, being rewarded with candy for participation.

In the presentation about sexuality and gender at a PWI, there was a wealth of knowledge from both students from Hope College.

They presented the audience with an assignment; draw a set of circles, with each of your presented identities in a particular circle.

The closer to the center your identity presented, the more important it was to you.

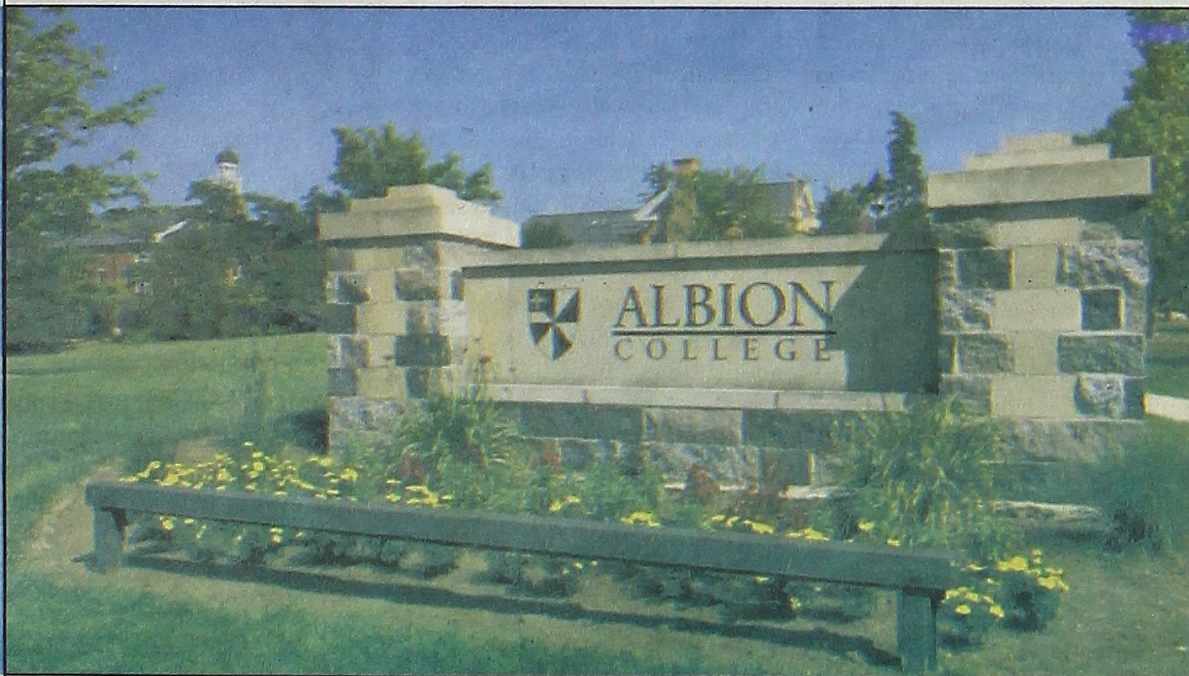
The next exercise involved answering questions in small groups about supporting queer students of color on campus, which is a topic that continues to be a part of Hope's evolving framework.

The afternoon session was a presentation on "passing," which usually describes a situation in which a person that has a disability or someone that is of a certain race is discriminated against because they are of that race/ethnicity or because they have that disability.

This was a intriguing session, pushing the boundaries of thought. It encouraged the listeners to open up about the experiences that they have had where they experienced discrimination or trying to be something that does not fit with their "true" identity.

The sessions were not informative, but they continued to discern thought within the students, mostly of color from each PWI in the GLCA.

Skills were developed, and the conversation on discrimination faced by minorities and people with disabilities will continue; stay tuned for next year's update.



ONECLASS

SITE OF THE EVENT — Albion served as host for the weekend, accommodating students from a number of different institutions. Attendees to the conference were able to participate in a variety of lectures, workshops and breakout sessions throughout the weekend.

Huge stakes in contested midterms

Sam Mason
NATION/WORLD EDITOR

This past weekend, President Donald Trump held a rally in Montana in which he stated, "We have our military, now, on the border. And I noticed all that beautiful barbed wire going up today... Barbed wire, used properly, can be a beautiful sight." The President repeated similar remarks in his Florida rally as well. This seems to be quite a fitting mantra for the strategy that Trump has selected heading into the November 6, midterm vote. Rather than tout the usual "promises made, promises kept" and the age-old comment of "it's the economy, stupid," Trump has elected to further push contested hot topics. Instead, his machinations have resulted in the pervasive sentiments of fear and loathing across the nation.

If Trump had stated something along the lines of what Bret Stephens of the New York Times averred, he would seemingly find himself in a less pointed and hostile voting cycle, or not. Stephens states, "On Friday, The Wall Street Journal reported the fastest rate of annual wage hikes in almost a decade, depriving Democrats of one of their few strong arguments about the true state of the economy. Unemployment is at its lowest rate since Vince Lombardi coached his last



MIDTERM TIME — United States Capitol (above), and voters gathered at the polls for this year's intensely contested midterm election.

game in December 1969. The North American Free Trade Agreement has been saved with minor modifications and a new name.... Oh, and: The Islamic State is largely defeated. Tehran has not restarted its nuclear programs despite

America's withdrawal from the Iran deal. U.S. sanctions on Russia are still in place. Democrats badly damaged their chances of taking the Senate with their overreaching and polarizing crusade to stop Brett Kavanaugh's confirmation to the

Supreme Court."

One could only wish upon a star for rhetoric such as that mentioned above, simpler times.

As of right now, the Senate seems to be in good shape for GOP members, with the possibility of an increase of two to four seats on the horizon. However, it is the House that is the most shaky for many Republicans. Moderate veteran members of the party are now entrenched in toss ups. Representatives such as Illinois' Peter Roskam and Randy Hultgren are two primary examples.

Instead of promoting policy victories, Trump has chosen to push caravans, Pocahontas, fake news (usually accompanied with the "enemies of the people"), etcetera, etcetera. This rhetoric has left many members of the GOP in a tough spot, especially House members.

Many moderate GOP members are locked in tight races because of this dangerous link to the sharp rhetoric of Trump. And as a result, they are forced to embrace this divisive language in an attempt to keep their seats.

Despite the tight nature of these polls, the Washington Post aptly points out that the midterm elections are not only a referendum on the president, they also "tend to reflect the views of the economy," which is booming...



Tech Updates: Recent changes in major companies

Sam Mason
NATION/WORLD EDITOR

Many of the industry's largest tech giants have been extremely busy this past week.

Among these events are Apple's hardware event and quarterly earnings; Google's employee walkout in response to a sexual harassment case; Bitcoin has turned ten years old; tech industry staffers push the "blue wave"; Snapchat adds polling stations to its map; and Waymo begins testing robot cars on public roads in California.

In response to the midterms, many big tech staffers are pushing the "blue wave" narrative through vocalized support.

Many of the constituents of Silicon Valley have been upset by the 2016 election and many of the industry's highest players have supported efforts to make a statement at the polls.

Furthermore, Snapchat has added polling locations to its "Snap Map" feature. They are attempting to raise the youth vote through this particular function. Snapchat is pushing to get their users "civically-engaged" ahead of the midterms. This feature update will allow users to find their polling stations with ease.

Additionally, Bitcoin has turned ten this past week! After the digital currency was accepted by the greater business community, Bitcoin showed some promise in terms of a global acceptance.

However, the fallout of leadership accompanied by the burst of a price bubble led many to sour their sentiments toward Bitcoin. As a result, other cryptocurrencies have begun to rise in popularity.

Finally, Waymo is set to test robot cars in California without humans behind the wheel. Waymo has been one of the few pioneers in the automated car race and they will now be the first company allowed to test their cars on public roads.

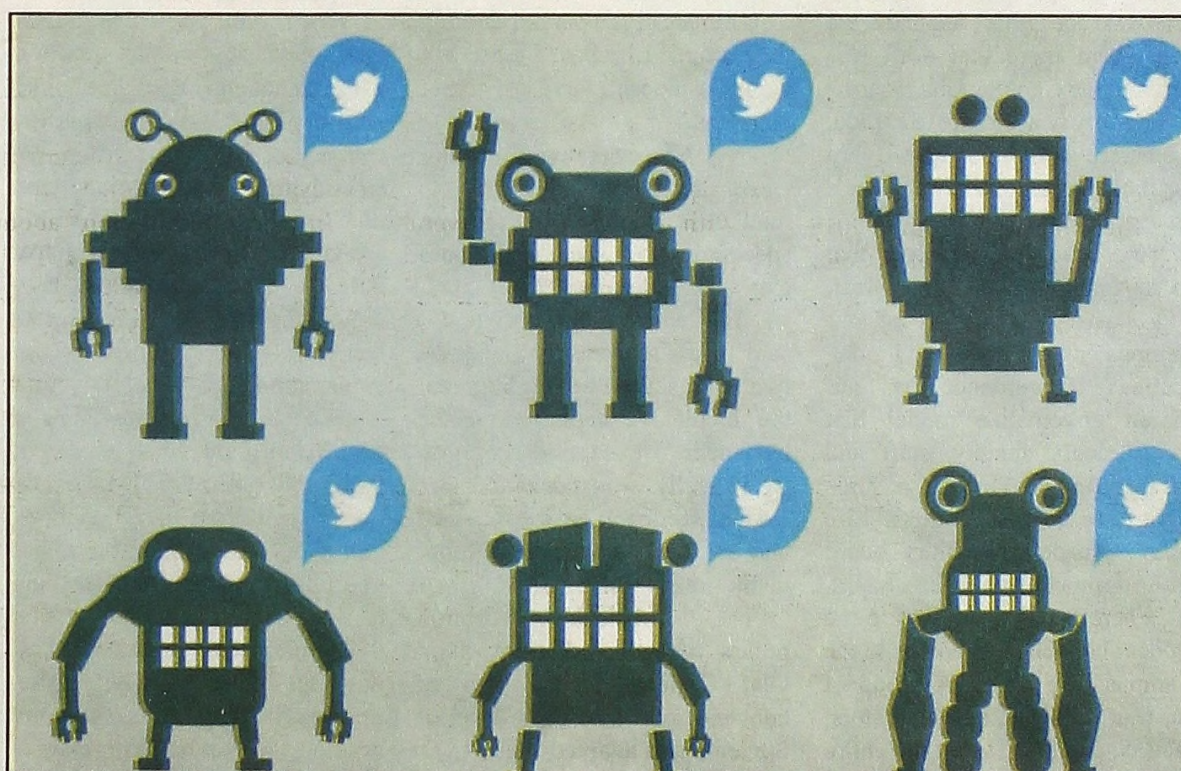
This step toward their eventual plan to present a self-driving car service in California will attempt to replicate what they have already done in Phoenix, Arizona.

Pre-midterm fight takes on the bots

Sam Mason
NATION/WORLD EDITOR

Yesterday, the last of the November midterm votes had been collected, bringing a close to one of the most coarsely polarizing elections in the United States. By now, much of the United States has either seen the results of a predicted "blue wave" or not. In the weeks leading up to this political event, the rhetoric became galvanized in a dual effort to bring out one's own supporters while simultaneously discouraging the other side from even reaching the polls.

Twitter recently shut down over 10,000 bot accounts who had been posting tweets that discouraged people from participating in yesterday's vote. Most of these questionable accounts represented themselves as Democrats. However, the Democratic Congressional Campaign Committee, DCCC, immediately flagged these tweets in a report to Twitter executives. One spokesperson from Twitter stated, "We took action on relevant accounts and activity on Twitter." The DCCC has taken



TWITTER, INC — Images of bots sending out tweets before the midterm elections

actions intended to prevent the widespread permeation of malicious automated messages on social media. The system that they use is primarily built from available tools such as "Hoaxley" and "Botometer." These systems allow a user to identify automated accounts

and properly analyze how they spread disinformation concerning widespread topics.

Additionally, the Democratic National Committee works alongside contractors and partners to swiftly identify campaigns that are entrenched in the spread of misinformation.

At the moment, one of these collaborators is a company named RoBhat. After extensive analytics, one official stated, "We can't tell you who's behind these different operations, Twitter hides that from us, but with the technology you know when and how it's happening."

Changes in the student handbook: How it happens and what it means for you

Timothy Doorenbos
Voices Editor

Last month, in accordance with a recent audit of the Student Handbook undertaken by the Campus Life Board, an email was sent out detailing the changes made to the handbook all students agree to when entering Hope.

This email detailed changes in the descriptions of Hope's medical exceptions and amnesty, as well as its judicial process. Recently, I had the opportunity to talk with the email's authors: Associate Dean of Students John Jobson ('95) and President of Student Congress Jason Gomory ('17) to learn more about these changes, their role in the process and what a Student Handbook audit means for the students of Hope.

Seeking change

Jobson started by detailing the initial motivation for the audit:

"Part of the reason we did the revision is there was a group of us that did a webinar called the Student Handbook audit. I get lots of webinars just through email, so that one Dean Frost and I were like 'we should do this.' We quickly realized, that our Student Handbook hadn't gone through an audit since it was drafted in the mid-1970's when the campus switched to community governance.

As a result, there was an effective layering. There had been stuff added to it but never any comprehensive review of the Student Handbook.

All of these legal changes had happened, so we were like 'let's pump the breaks a second and let's take a look... what really needs to be updated and tweaked a little bit so that it's consistent with legal requirements and actually makes sense for students?'

That's why we engaged Student Congress right away. We think it's really important to have students speak from the outset anytime we make changes to the Student Handbook."

As part of said Student Congress, Gomory was able to detail this part of the process further.

Making change

"Whenever there is a revision with the Student Handbook or with any policies relating to it, Student Congress is a part of it. We are a part of Campus Governance, which is the body that actually revises the Student Handbook, but anytime there are those policy revisions, they're sent to Student Congress to look at and discuss.



HOPE.EDU

LEADERS OF HOPE — Jason Gomory (left) and John Jobson (right) discuss the rules of campus life.

“

Medical Exception for Alcohol, Bystander Medical Exception, and Amnesty for Reporting Party and Witnesses
Safety of our students is of utmost concern. These policies have been developed in order to encourage students to engage the assistance of appropriate support when their fellow students are in need without fear of disciplinary action.

Greater transparency in the judicial process
Modifications were made to provide students with three different options to choose from when they are alleged to have violated one or more elements of the Student Handbook.—

Email Sent to Hope Student's on Handbook Revisions

”

Student Congress' involvement actually started the summer after the 2015-16 school year.

Yordanas Dessie was the student that worked a bit over the summer with the group to look at the audit, look at what the plea identified, highlight areas that needed revision and highlight topics that we didn't currently have in our Student Handbook. That was the initial feedback we had. From there that draft was given to the Campus Life Board."

Gomory was prompt to explain the nature of Campus Life Board for those unfamiliar with Hope's governance like myself.

"We have four students that serve on Campus Life, which is a board that is part of our Campus Governance model. Campus Governance is our shared governance model that has students, faculty, staff and administrators. There are three governing boards: Campus Life board, Academic Affairs board and Administrative Affairs board.

When there's a revision to the student handbook, it comes to the Campus Life board. A group of us, four students, administrators, faculty, and staff, spent the entire year last year going through the revised Student Handbook, reading through it, breaking it into sections, challenging what was in

there, challenging wording, so students were directly involved with that.

After that, a final draft was solidified (we talked about it with students and Student Congress) and our four students spoke on behalf of Student Congress, because they would bring things back to our meetings for general conversations and bring that back to Campus Life.

Ultimately, it's passed through the Campus Life board if Student Congress doesn't have any major concerns."

Changes made

As for what was in the final draft of the email, Jobson specified two specific clauses they wanted to focus on:

"The email that Jason and I sent to all students outlined the two things that we highlighted: the medical exception and the bystander exception. Those we're really in response to other student feedback we've received and are really common in other institutions.

The medical exception policy we adapted from Saint Olaf College. I had lots of conversations with their Dean of Students and adapted theirs to fit with our campus culture.

I had a lot of conversations with her to try and glean the differences between their campus

culture and ours. They're more similar than different, so I just had to update some of the language."

The bystander exception was more of a legal requirement. We've always had two options for when students go through the legal process. We've always had the option of administrative hearing or the student facility judicial board. The third option we added was the sanction meeting.

The sanction meeting is if the student chooses to admit all the violations, they can choose to work with their hearing officer in that meeting and say, 'This is what we think is a reasonable outcome.' That always happened. We just wanted to make it more explicit."

The reasoning

Jobson summarized, stating: "The intent was to really compel students and encourage students when they've had too much to drink to come back and contact res life or Campus Safety, someone who can help them, without the fear of getting in trouble. We're trying to keep everyone safe on campus."

Gomory wanted to end on the note of the importance of being informed.

"The most important thing is for students to read and understand the policies they're agreeing to at the beginning of the year. Every year students electronically sign a statement that says they've read and understand the policies that are outlined in the handbook.

It's important that we're actually reading and understanding the rules were abiding by.

When you actually know then there's less of that question when a student breaks that policy and they don't understand the consequences.

It is in the Student Handbook that we're abiding by when we are students of Hope College. And if there are areas they don't understand, ask different resources on campus for explanations.

Most likely whether it's a profession, a job or being a part of various organizations, there will be a constitution or a handbook that describes different policies you have to abide by so reading it is just a good policy to get into.

I think that relates to best practices. When iTunes, per se, updates their policies, you are notified, and you have to re-agree with them. So being transparent and open to students when policies are being revised was the point of that email.

The revision had happened, and Student Congress was aware, but we wanted to be sure the student body was aware of the revisions that were made in the best interests of students."

Jobson echoed this sentiment further, stating: "That's part of the reason why Jason and I sent out the email that kind of said, 'If you don't read anything else read these two parts of the handbook.'"

Why it matters

While knowing the Student Handbook is important to recognizing the responsibilities of being a student at Hope, there is more to legislation around campus members, as I discovered when asking Jobson about other policies.

"I'm accountable to the anti-harassment policy, but I'm also accountable to an administrative handbook. Just like you as students are accountable to the Student Handbook as well as anti-harassment policy."

These different policies are accounted for by different governance organizations, as Gomory went on to explain.

"The non-discrimination and anti-harassment policy is not something that Campus Life owns per say. We own Student Handbook revisions, but the non-discrimination and anti-harassment policy is ultimately owned by the Board of Trustees."

But should a student want to learn more about Hope policy, Gomory's advice to "ask different resources on campus for explanations" stays true as he continued to elaborate:

"If you were looking for more context about those Campus Life meetings, the minutes and agendas are posted to the campus community through InHope. If you go to InHope.edu and go to resources, there's a link to meetings and agendas, so you can click on the Campus Life link for it and go back through the agendas and the other things that were discussed through those meetings as well as other meetings."

Jobson finished the interview by welcoming students who want to learn more.

"All of the campus governance meetings are considered open. Campus Life meetings occur on the first Tuesday of every month, and they occur in the Herrick room. There's an agenda that's posted ahead of time. We've had invited guests, but we've never had anyone just show up.

I would say if they want to come, they're welcome to. They just need to [not] interrupt the meeting."

ANCHOR

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SEED embraces growth and love

Immersion experience planned for student athletes during spring break

Madellne Suhrheinrich
STAFF WRITER

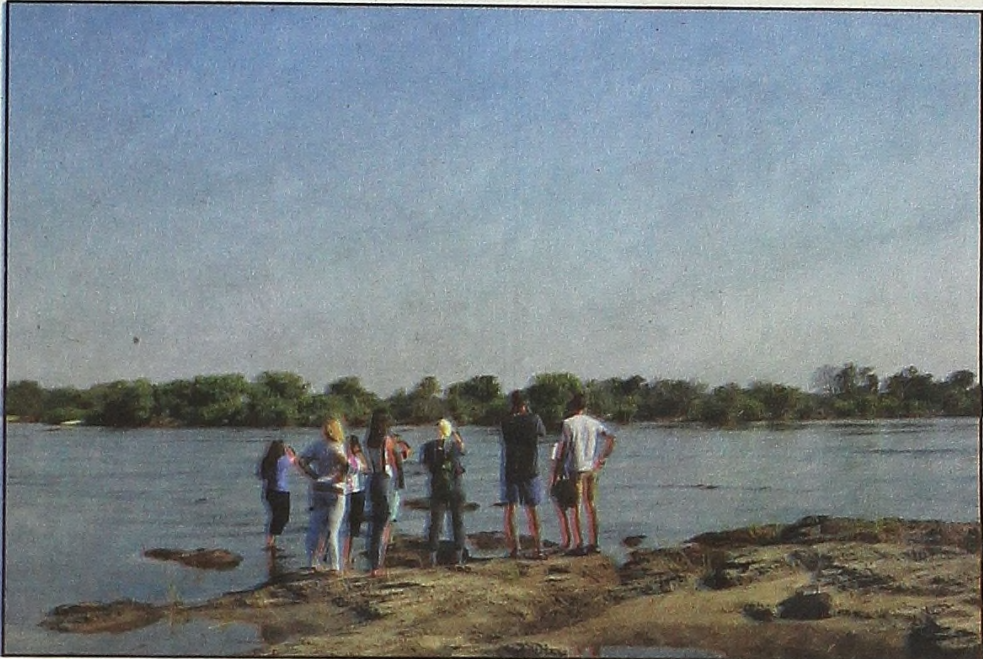
Sports Evangelism to Equip Disciples (SEED) is an immersion trip opportunity offered to student-athletes at Hope College. Through this trip, athletes are able to travel to locations such as Africa or Costa Rica to share their love for sports and Jesus. According to SEED's website, the group's mission is "to equip Hope College student-athletes to serve as disciples who share the Good News of Jesus Christ through sport."

While on the trip, athletes are mixed up with members of other sports, creating a unique group to serve. Paige Wilmer ('21) traveled to Choma, Zambia this past summer.

While in Zambia, she and her team, composed of other student-athletes and coaches, worked to run sports camps, share Scripture and install water filters in the local community.

"Personally, my main goal was to have an open mind about the trip, become close to those on my team and hopefully grow in my faith," Wilmer said. "I can safely said all of these things were met."

A typical day for Wilmer and her team began around 9 a.m., when community members came to attend sports camps. While at the camps, those attending, usually aged 12 to 30, visited a variety of stations with themes such as first aid, nutrition, speed, agility and strength conditioning.



PAIGE WILMER

AFRICAN ADVENTURE — Students explore the beauty of Zambia throughout their immersion trip.

Messages from Scripture were also shared with the players, as well as knowledge about American sports, such as volleyball, dodgeball and softball. After a day at the sports camps, SEED members had the opportunity to visit the homes of some of the children.

"These were really interesting because we got to see their village and meet their families," Wilmer said.

After a day of serving, members had the opportunity to reflect on their days

at the camp. During the night, the team spent time playing games, worshipping or "having slab time, where we went out to the slab on the base and looked at the stars and talked," Wilmer said.

Nighttime activities gave team members the opportunity to form stronger relationships with one another.

"We all became close after the first few days after we shared our testimonies and we all clicked so well together," Wilmer said. "Multiple nights in Zambia we would stay up until 2 a.m. laughing and talking."

In addition to service through sport, the team in Zambia installed water filtration devices for families in the community. The devices were provided by the company Sawyer, which sponsored the group's trip.

"We got to teach about Jesus when we installed them as well, which was super cool," Wilmer said. "We talked about how our lives are dirty because of our sin like the water before it is filtered. But then, when we pass through the filter (Jesus), our lives become more clean and pure"

One of Wilmer's favorite parts of the trip was seeing God's work in the lives of children across the world.

"The children in Zambia have challenging lives," Wilmer said. "I spoke to many kids who testified that both of their parents are dead, or they watched their mom/dad die, or they are homeless or abused. Yet their love for Jesus and the faith they have in Him is inspiring."

During the two weeks, Wilmer learned many lessons through her service.

"I was humbled by the experience," Wilmer said. "I realized how much I have to be thankful for like stability, security, a loving family and opportunities in life that will hopefully take me far. I [also] realized how happy people are with little material possessions, which changed my perspective on [the] materialistic values I place on unimportant things."

The mountains among us

Sophia VanderKooy
STAFF WRITER

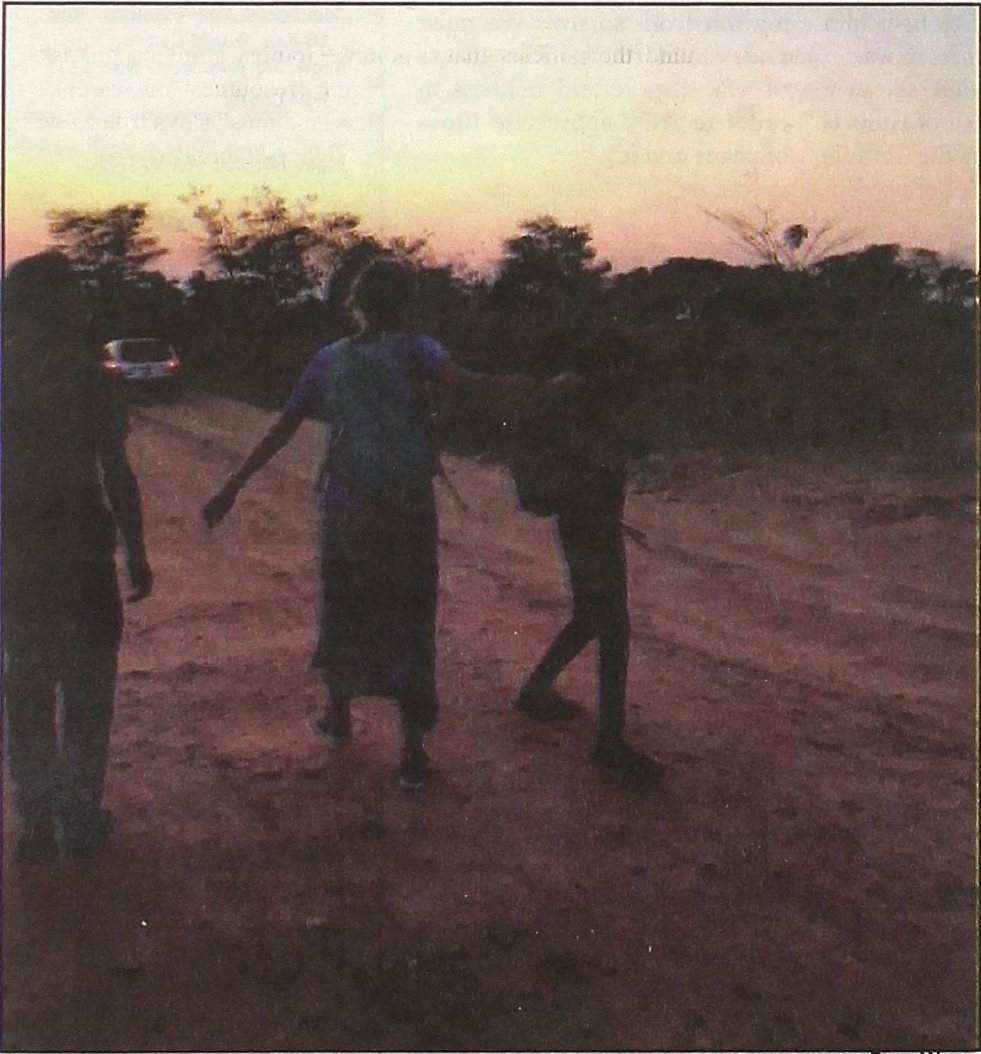
I grew up in the flatlands of Indiana with little reference to just how high a mountain could be. I have been given the opportunity to travel around and see the rocky skyline of Arizona and the winding pine-covered mountains of the Adirondacks. However, neither of these experiences could have prepared me for the Himalayas.

From where I stand just a little outside of Dharmasala, I am surrounded by towering, snow-covered piles of ragged rock looking down from their 17,000 ft. podium. They pierce the blue and cloudless sky, demanding that on the days the world is clear enough to get a view, we must all stop and stare. I often find myself zoning up, wondering what it would feel like to stand on top of one.

It is hard not to feel small when I look up at them, and it is hard not to feel small when I look around and reflect on home. More trash on the beaches of Holland, more plastic covering grocery store isles and more cars on the road than ever before leave me feeling rather insignificant in the fight against environmental degradation. I want to look up and say that untouched places still exist. That the "wild" is still alive in our world. However, every inch of our planet has been impacted by the existence of the human race. The trash, the plastic and the cars are all here, too. Upon coming to understand this, I realize that the point of the fight is not to keep the more removed places completely separate from us but to find a way to co-exist.

I don't believe this means promoting more eco-tourism or developing our natural landscapes but simply making choices that respect our interconnectedness to these places. Throughout my time in the Himalayas, I have been privileged to meet huge quantities of people that live their lives seeking a mutually beneficial relationship with the mountains, people that farm, and consume mindfully and share what they have with those around them.

I have spent a long time thinking that my separation from "real" nature growing up made me work harder to appreciate it more. Although I don't think this is inaccurate, I think there is also an argument to be made for the positive impact growing up in an urban environment had on my environmentalism. Although all cities still have a long way to go, they coexist to let the resilience of other living things shine through. The plants growing through cracks in the cement, the family of geese occupying human-made ponds and the small corner blocked off for parks are now my inspiration. Interconnectedness also means that we hold just as much power in our hands to make these changes reality as the mountains do to inspire the change.



PAIGE WILMER

DELIGHT — Dancing with the children brought immense amounts of joy to students travelling abroad.

Our Mission: The Anchor strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fair, objective journalism and a vibrant Voices section.

Disclaimer: The Anchor is a product of student effort and is funded through the Hope College Student Activities Fund. The opinions expressed on the Voices page are solely those of the author and do not represent the views of The Anchor. One-year subscriptions to The Anchor are available for \$45. The Anchor reserves the right to accept or reject any advertising.

Letter Guidelines: The Anchor welcomes all letters. The staff reserves the right to edit due to space constraints, personal at-

tacks or other editorial considerations. A representative sample will be taken. No anonymous letters will be printed unless discussed with Editor-in-Chief. Please limit letters to 500 words.

Mail letters to The Anchor c/o Hope College, drop them off at the Anchor office (located in the Martha Miller Center 151) or e-mail us at anchor@hope.edu by Monday at 5 p.m. to appear in Wednesday's issue.

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THE ANCHOR

New Kruizenga exhibit opens for fall

'Lure of Ruins' presented in tandem with Big Read

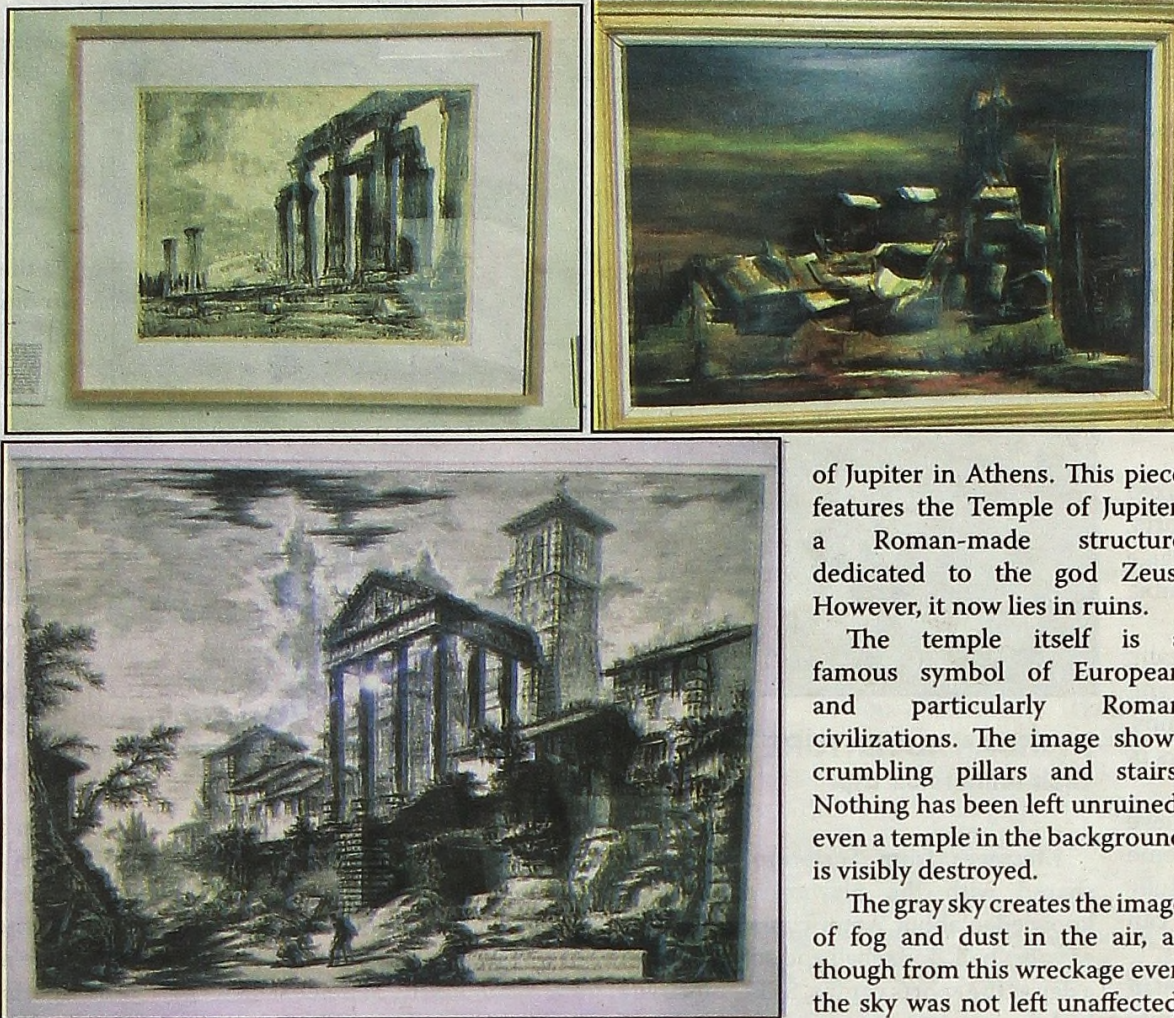
Emma DesLauriers-Knop
CONTRIBUTING WRITER

The newest exhibit of the Kruizenga Art Museum, "The Lure of Ruins," is available to students and the public for free from now until Nov. 16. It explores different perspectives of some famous and lesser known ruins.

It was assembled as a part of the 2018 Big Read project in order to supplement this year's book, "Station Eleven," which is set in a post-pandemic period where 99 percent of the global population had been wiped out, hence the imagery of ruins. This exhibit provides some insight into sites of ruins to set the stage for the ravaged world that exists within the book.

Housed back behind the reception desk of the Kruizenga in the conference room, the exhibit is anything but large, with only ten works included. However, it is the sobriety and solemnity of the pieces that give this collection such gravity and meaning. At first glance, it is very dark. Many of the works utilize dark colors as one way of expressing these sentiments.

One work that exemplifies this darkness is Raphael Gleitsmann's "Substance of a Town." It is difficult to distinguish many small details, but the overall image shows the aftermath of World War II on a small town. There are no people or living objects in it; even the



EMMA DESLAURIERS-KNOP

CONNECTION TO LITERATURE — The exhibit shares themes of destruction with the 2018 Big Read novel.

plants appear to have died. The only usage of light color is that of the snow, which has gently blanketed the rooftops, but even the snow, which has a tendency to cover everything in its purity, cannot conceal the damage done. Gleitsmann's story is particularly interesting as he served as a combat engineer

during World War II, so this image is likely inspired by a real scene he saw when he was on the battlefield. He used art as a way of processing the gruesome images he saw and to help him emotionally recover from war.

Another piece that shows a more traditional idea of ruins is The Acropolis from the Temple

of Jupiter in Athens. This piece features the Temple of Jupiter, a Roman-made structure dedicated to the god Zeus. However, it now lies in ruins.

The temple itself is a famous symbol of European and particularly Roman civilizations. The image shows crumbling pillars and stairs. Nothing has been left unruined; even a temple in the background is visibly destroyed.

The gray sky creates the image of fog and dust in the air, as though from this wreckage even the sky was not left unaffected. In this image, similar to the Gleitsmann piece, there are no people, and the only signs of life are a few trees scattered in the distance.

"The Lure of Ruins" is not an uplifting exhibit, but its importance stems not from joy but from sorrow. We must understand the terrible effects of war, dispute and sickness in order to truly appreciate times of peace and joy.

Fall H2 dance event leaves audience in awe

Abigail Bache
ARTS EDITOR

The Hope College Dance department has several different dance companies, one of the biggest being the H2 Dance Company. Auditioned in the spring semester for the following year, the H2 Dance Company has been rehearsing since the beginning of school for their fall concert, which opened on Oct. 26 and ended on Nov. 2 at the Knickerbocker Theatre.

This year, the theme for the concert was "Back to Beginnings," which was an exploration into how different dance companies plan out their performances. The concert featured a variety of different choreographers, each with their own individual style of dancing, who would all create their own interpretation of a beginning.

Opening the show was a contemporary ballet piece by Matthew Farmer titled "Stretto." The stretto is a classical type of musical form in which several different musical themes or ideas are introduced in an overlapping manner. The stretto form is most commonly found in the opening movement of



HOPE COLLEGE

FROM THE TOP — The performance featured beginnings of several different musical eras.

a fugue, a highly popular style of classical music in the time period of Bach. The smooth movements of the piece served as a lovely opening to a fantastic concert.

Following "Stretto," there were three pieces exploring the more improvisational era of music. "It's a Man's World?" was performed as a tap solo by Alex Pasker, choreographed by Crystal Frazier, and served to usher the audience into the world of jazz and swing-style dancing.

William Charles Crowley's "Shore Leave Swing" transported

viewers back in time to the 1940s, and Kristen Farmer's "Elan Vital" returned to a more contemporary style inspired by Latin/jazz dancing.

To finish out the evening, the company performed three pieces with a more modern dance style. "Origins," choreographed by Sharon Wong, featured Mark Lopez's original percussion composition. "Origins" was followed by a duet by Matthew Farmer titled "Due e Una," which roughly translates from Italian to "two and one."

It was the final piece though that really stole the show.

"Testify," a gospel-inspired contemporary/modern dance piece, was choreographed by Crystal Frazier and featured all of the H2 dancers. The piece was largely a crowd favorite and had the audience raving about it in the days following the performance.

Tickets for the different dance department performances are free for Hope students and can be purchased by the public and faculty at the Hope Ticket office in the Anderson-Werkman Financial Center on 8th St. or can also be found online at hope.edu/tickets.

IN BRIEF

Upcoming Events

"The Lure of Ruins" Focus Exhibit - 10 a.m. @ Kruizenga
Bruce McCombs Exhibitions - 10 a.m. @ De Pree Art Center
"Living Tradition" - 10 a.m. @ Kruizenga Art Museum
NEA Big Read Lakeshore: Lunch and Learn - Nov. 7, 12 p.m. @ Holland Museum
NEA Big Read - Fennville District Library Book Discussion - Nov. 7, 1:30 p.m. @ Fennville District Library
NEA Big Read - Ready for School's Blackout Book Discussion - Nov. 7, 1:30 p.m. @ Herrick District Library
Hope College Alumni and Friends Station Eleven Book Discussion - Nov. 7, 7 p.m. @ Brew Merchant
NEA Big Read Lakeshore: The Giver Lecture: Dr. Christiana Salah - Nov. 7, 7:45 p.m. @ Howard Miller Public Library
"Faith, Intersectionality, & Black Masculinity: Kendrick Lamar's Urban Theology" - Nov. 8, 3:30 p.m. @ Fried Hemenway
NEA Big Read Lakeshore: Dr. David Dark Lecture - Nov. 8, 7 p.m. @ Western Seminary Chapel
NEA Big Read Lakeshore: Why Shakespeare? Discussion - Nov. 8, 7 p.m. @ Loutit District Library
Saint Benedict Institute Film Screening: Summer in the Forest - Nov. 8, 7 p.m. @ Winants
NEA Big Read Lakeshore: Cultureworks Teen Illustration Workshop with John Rocco - Nov. 9, 3:45 p.m. @ Henrick Library
NEA Big Read Lakeshore: Family Fort Night - Nov. 9, 6 p.m. @ Henrick District Library
NEA Big Read - Alliance for Cultural and Ethnic Harmony Book Discussion - Nov. 9, 7 p.m. @ Holland Museum
Great Performance Series: Turtle Island Quartet with Cyrus Chestnut - Nov. 9, 7:30 p.m. @ JHM Center
Concerto & Aria Auditions - Nov. 10, 10 a.m. @ JHM Center
Showcase Auditions - Nov. 11 @ JHM Center

New Music via WTHS

Amber Arcades - European Heartbreak
Antarctigo Vespucci - Love in the Time of E-mail
Miya Folick - Premonitions
Julia Holter - Aviary
boygenius - boygenius
Frontperson - Fronrunner
Young Jesus - The Whole Thing is Just There
Toro y Moi - "Freelance"
Anna St. Louis - If Only There Was a River
Cloud Nothings - Last Building Burning
Pill - Soft Hell
Thom Yorke - Suspiria
IAN SWEET - Crush Crusher
Doe - Grow Into It
Swearin' - Fall into the Sun
Adrianne Lenker - abysskiss
Beach House - "Allen"

This Week's Netflix Releases

Into the Forest
The Sea of Trees
Beat Bugs (S3)
Medal of Honor
Outlaw King
Spirit Riding Free (S7)
Super Drags
The Great British Baking Show (S6)
Treehouse Detectives (S2)
Westside
Green Room
Oh My Ghost
Warrior

Hope Talent

Michael J. Pineda - "Lady Luck," "Headspace"
Julian Lugo - Thank You
Available on music streaming services (iTunes, Spotify)

How to stay active as temperatures drop

Sarah Neumar
LIFESTYLE EDITOR

The cold season is upon us, and anyone familiar with West Michigan knows that it is not a brief season. Sadly, the snow begins in November and ends in March (sometimes April).

To some, playing outside in the snow or participating in winter sports such as skiing and snowboarding is highly appealing. This is a great way to stay healthy and in shape.

Cross-country skiing comes with a highly beneficial cardiovascular workout, along with a leg-strengthening workout. Hope College will have a Cross-Country Ski Club this year! President Kelly Peregrine ('20) gives a description of the new-founded club: "The Hope College Cross-Country Ski Club promotes a healthy and active lifestyle through winter sport. By learning to cross-country ski, students will care for their mental and physical well-being in the cold winter months." Hot chocolate has also been promised. Contact Kelly at kelly.pergine@hope.edu for information or to sign up.

Even going sledding or having a snowball fight with friends can be a beneficial active winter activity. However, if the cold scares you and snow does not bring you the happiness that we see in many people from Michigan, fear not. You can stay in shape while staying indoors.

Furthermore, it's not all about preparing your spring break body. It is important to stay in shape all year round in order to be a healthy individual. Take care of yourself and do it in a way that you enjoy. This is the best way to maintain a healthy lifestyle.

The Dreaded Treadmill

Working out indoors does not mean you have to stick to the stationary bike, elliptical or treadmill. However, if you enjoy these options or there is not much else available, then here are some ways you can take advantage of the mundane machines.

First, on the bike, try going at a variation of speeds and resistance. Start out with a nice and easy warmup of five to ten minutes. Then, incorporate these intervals at different resistances at medium-difficult revolutions per minute (rpm):

Bike Workout

- 1 minute hard (80-100 rpm)
- 1 minute easy
- 2 minutes hard
- 1 minute easy
- 3 minutes hard
- 1 minute easy
- 4 minutes hard
- 1 minute easy
- 5 minutes hard
- 1 minute easy

This "ladder workout" takes only 20 minutes (without the warmup). Try it as-is to start, and as it becomes easy, you can try going back down the ladder



GETTY IMAGES

CROSS COUNTRY SKIING — If you're ready to brave the cold, skiing is a fantastic way to stay active during the cold months. Sign up for the Hope College Cross-Country Ski Club today!

to double the workout.

This is a simple and more interesting way to utilize the bike.

Similarly, intervals can be done on the treadmill. To increase the intensity on the intervals, you can raise the speed or the incline for a good sweat.

Treadmill Workout

- 5-minute warm-up at preferred pace
- 1 to 3 rounds total:
- 1 minute 6-8 mph at 6% grade
- 2-minute walk
- 1 minute 7-10 mph at 8% grade
- 2-minute walk
- 1 minute 7-10 mph at 10% grade
- 2 minute walk
- 1 minute 7-10 mph 0% grade (should feel good!)
- 10-minute cooldown at preferred pace

Always remember to incorporate a cooldown at the end of a higher intensity workout like this. Take these ideas as a challenge next time you go to the gym or the Dow for a cardio workout!

It's easy to make up workouts like these of a similar format on any cardio machine at the gym. Switch it up every day, and consider having longer, easy-pace days along with shorter duration days with high intensity bouts of exercise within the session. These may be called HIIT workouts, or high intensity interval training workouts.

Body Weight Workouts

You may want to ditch the machines and/or the gym altogether. In that case, a HIIT workout can be done anywhere with a multitude of body-weight exercises. These workouts are great because they're easy to plan around a busy schedule and can be adapted for any individual.

HIIT Workout

- Pick 4 exercises and do 3-5 rounds of each one for 30 seconds on, 10 seconds off:
- Bicycle crunches
- Supermans
- Burpees (with push up)
- Squat jumps
- Side lunges
- Leg lifts
- Tuck jumps
- Sit-ups
- Plank (forward or side)

Not to mention all of the variation within each of these exercises, the options are endless. Throw on some music and set a stopwatch for a fun, quick and easy workout. This option is also ideal because it can be done anywhere you have some space, and no equipment is required.

Lifting

Don't be intimidated by the weight room. In some ways, this can be the most structured

type of workout if you know how to utilize the equipment. And you do not have to be a bodybuilder or football player to lift weights. Even cross country runners lift weights.

The most simple way to start is with dumbbells. Don't do anything you're not comfortable with, and very gradually increase the weights that you use.

The most basic lifts include squats, lunges, bicep curls and bench press. There are obviously much more exercises, but just these four exercises (targeting major muscle groups) can all be done with dumbbells. Many weight-lifters split up their days based on specific muscle groups, and this is one way to go about it. However, if you only lift two to three times per week in your workout schedule, it is okay to hit several key muscle groups in one day. Go with your friends, get advice from more avid lifters and just have fun with it.

Rock Climbing

If you are in need of some extra arm strength but absolutely hate lifting weights, then rock climbing is a viable option for you. CrossFit Soaring Ledge on River St. has a great indoor bouldering facility. If you are up for a challenge, and don't mind ripping up your hands a bit, this is a fun way to work on arm strength and overall endurance. And if you are feeling really motivated, you could try one of their CrossFit classes. Monday night is student night, from 4 p.m. to 8 p.m.

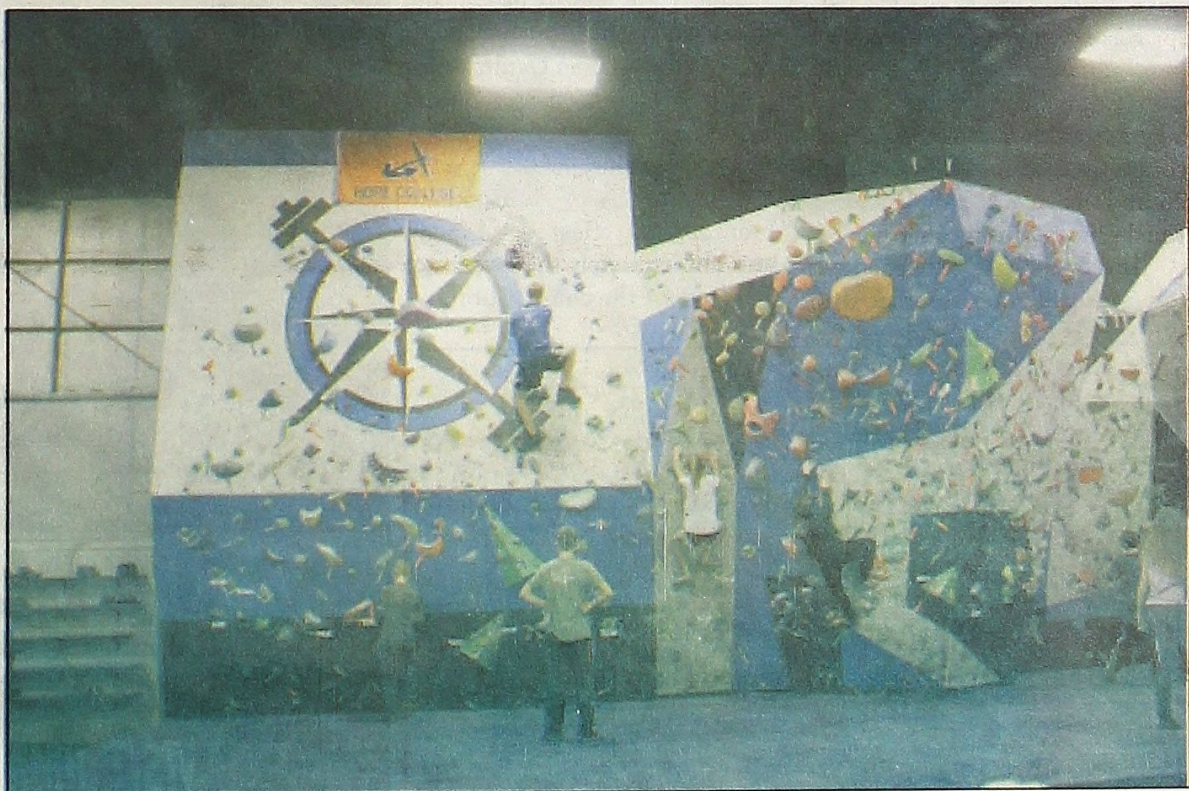
Other Ideas

If you're still in need of ideas, there are many more options regarding indoor/winter activities. This winter, try swimming, yoga, pilates, barre classes, jumping on trampolines at Sky Zone with friends, playing basketball and more.

If you are brave enough, running outside can always be a last resort. For those avid runners out there, we know that running in the snow is possible. It is just important to have the right gear and be careful of ice! Wear gloves, a hat or ear warmers, long pants and layers on top. Running outside is always better with a workout buddy, as is any type of workout.

Keeping all of these things in mind, planning a fit and active winter becomes plausible. You can do it! Set goals and start a workout log. Plan ahead for each week and MAKE TIME for exercise. There is always time for 15-30 minutes of exercise in a day. Just think of all of the time you spend on your phone; the minutes quickly add up.

Exercising makes you more productive and time-efficient as well. As the semester moves past the halfway point, it is important to stay focused and on top of things. Making time for movement is a great way to clear your head, feel better and stay motivated.



CROSSFIT SOARING LEDGE

ROCK CLIMBING — CrossFit Soaring Ledge is a close-by climbing gym where several Hope students go to work out.

Record breaking Women's X-C race

Megan Grimes
SPORTS EDITOR

Two weekends ago the Hope College men and women X-C teams ran at the MIAA Championship meet in Kalamazoo. The women's team took their fourth consecutive MIAA title, breaking the school record, while the men's team placed fourth with their top five finishers keeping in a tight pack.

The women's team won the MIAA championship with an impressive score of 32 points, 25 points ahead of runner-up Calvin College with all five of their top runners coming in within the top ten finishers. Senior Emily Hamilton led the pack, taking second place overall with a time of 22:17.

Hamilton was followed by junior Chelsea Miskelly who came in fifth with a time of 22:54, junior Kelly Peregrine who came in seventh with a time of 23:04 and junior Anna Frazee who took seventh with a time of 23:12. The scoring pack was rounded off with senior Avery Lowe who came in tenth with a time of 23:21. Two more Hope runners, senior Sarah Neumar and freshman Julia Robleski, came in under the top 20 line.

Head coach Mark Northuis commented on the team's strong win, crediting it to "Our depth.

Soccer gave all in MIAA

Megan Grimes
SPORTS EDITOR

Last Wednesday the women's soccer team played Albion College, a team they beat two weeks earlier in double overtime, in the MIAA tournament semifinal. The team repeated their victory with a score of 3-1, securing their place in the final that took place last Saturday.

The team played Adrian College, whom they beat earlier this year, playing for a bid to the NCAA Division III Women's Soccer tournament. In a shock to the fans and players, the Flying Dutch lost to Adrian 1-0.

Head coach Leigh Sears spoke on the match. "We started slow, so be it. They played a really good first half. Credit to them. But we had chance after chance...it's called soccer. That's how it goes sometimes."

The NCAA tournament bracket came out Monday, with



HOPE COLLEGE

WOMEN'S X-C TEAM — Smiles fill the faces of the Flying Dutch as the MIAA championship was presented to the Hope women's X-C team after a cold, rainy race last Saturday.

You look at some of the runners in our top seven, and they're not the usual names. They were all big for us today, along with our usual suspects. Our depth made the difference. When you have that depth, everyone pushing each other in practice, everyone gets better every single day."

The team runs again this weekend at the NCAA Division III Great Lakes Regional, aiming to take a repeat regional title and qualify for the national meet the following week. "We try to focus on what we do best," Northuis commented. "You cannot have

a down meet. We have to be strong to accomplish what we want to accomplish."

The men's team took fourth place with a score of 127 points, all of the men coming in within a range of six places in 29 seconds. Leading the pack was senior Nathan Schloff at 22nd place with a time of 26:49 for the 8k course. He was followed by freshman Nick Hoffman at 24th, junior Brett Slayton at 26th, sophomore Zackary Murphy at 27th and sophomore Drew Schmitz at 28th to round off the men with a time of 27:18.

The Flying Dutchmen's next two runners, senior Nicholai Shaw and junior Ty Hergenreder, finished in the next sixteen seconds.

"We tried to get out fast. It was a very fast start. We closed together very well," Northuis commented. "We needed to close sooner. We're a young group with a couple of seniors. We're going to build on that success. The guys gave a very good effort for a tight pack."

The men will also be racing in the regional meet this weekend. Wish the runners luck!

THIS WEEK IN SPORTS

Thursday
Volleyball
@ Calvin, NCAA Tournament
vs. DePauw, TBA

Friday
Women's Swim & Dive
@ Olivet, 5 p.m.

Men's Swim & Dive
@ Olivet, 5 p.m.

Football
@ Otterbein, NCAA Tournament
vs. Bridgewater (Va.), TBA

Men's Ice Hockey
vs. Central Michigan, 7:30 p.m.

Saturday
Men's X-C
@ NCAA Division III Regional, 11 a.m.

Women's X-C
@ NCAA Division III Regional, 11 a.m.

Football
@ Adrian, 1 p.m.

Men's Ice Hockey
@ Central Michigan, 7:30 p.m.

IN BRIEF

MEN'S HOCKEY

The hockey team has been recording wins throughout the past few weeks. Last weekend they defeated Oakland University 10-3 on Friday and 4-2 on Saturday. The week before, they beat Indiana Tech University with scores of 7-2 and 5-0. The weekend before, they beat University of Wisconsin-Milwaukee 8-4 and 9-4. The Flying Dutchmen play again next weekend against Central Michigan University at home on Friday. Come out and support the strong start to their season!

VOLLEYBALL

Last Friday the volleyball team played Alma College in the MIAA tournament semifinal game. The Flying Dutch crushed the opposition winning all 3 sets. Head coach Becky Schmidt commented on the teams grit. "We're still growing. We're still learning. Every opportunity to play a really high level of volleyball is an opportunity to figure out what we need to do to be our best. It will be a fun challenge."

The team got that chance on Saturday to play against first ranked Calvin College in the MIAA tournament final, getting a chance to play against a high level team. The Flying Dutch played a tough game, losing a set to Calvin then winning a set, ultimately losing 3-1.

The NCAA Division III tournament field was announced Monday, with Hope returning for the fifteenth time to play in the NCAA Division III Tournament. They will play DePauw University on Thursday at Calvin, time TBA. If they win, they will advance to the semifinal on Friday.

FOOTBALL

The football team lengthened their victory streak to five games, after playing Kalamazoo College last Saturday winning 33-7. They are now 7-2 overall, moving their MIAA record to 5-1, giving them a chance to share the MIAA championship. Their last game will be played on Saturday against Adrian College.

MIAA PLAYERS OF THE WEEK

Football
Tate Knapp ('19)
Defense

Diving
Sara Plohetski ('19)

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